



# Attorney General Bill Schuette's **SeniorBrigade**

A MICHIGAN SENIORS INITIATIVE



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## National Nutrition Month

Eating healthy can be difficult! In honor of National Nutrition Month, [The Academy of Nutrition and Dietetics](#) offers the following tips to help you on your journey:



Fill half of your plate with fruits and vegetables;



When possible, switch to whole grains;



Choose fat free or low fat milk;



Choose from a variety of lean proteins.

*Please consult with your physician before making any changes to your diet.*



## National Consumer Protection Week March 4-10, 2012

National Consumer Protection Week, a joint effort by nonprofits and government agencies, highlights education and outreach resources available to help protect consumers and their finances.

Attorney General Bill Schuette is joining this effort and wants consumers to be aware of the many helpful resources available on his website, [www.michigan.gov/ag](http://www.michigan.gov/ag).

The following literature is available online and can be ordered for your organization:



*For questions or concerns regarding Consumer Protection resources in Michigan, please contact our office at (517) 373-1140 or toll free at (877) 765-8388.*

The Michigan Senior Brigade Senior Events Calendar highlights events for seniors across Michigan.

While reviewing our [calendar](#), you will find out just how easy it is to register for any of our six seminars!

### ***Did you know?***

Your organization can post upcoming events on our Senior Brigade calendar — let us help you showcase your events!



***Submit  
your event  
today!***